



# HOW TO MAKE FAMILY PRAYER HAPPEN IN YOUR HOME



## 1) Plan ahead

It's not going to happen if you don't schedule it and make a plan for when it can happen in the first place. Take a look at your daily schedule and find a place where you can make prayer part of your family routine.

## 2) Know that it doesn't have to look a certain way

Your family is unique, and so that means the way your family prays together will also be unique. Don't compare yourselves to what others do. Do what makes sense for you and your family.

## 3) Know that family prayer changes over time

As your kids grow and your family life changes, so will the ways and times that you pray together. Don't hold on to some outdated idea of what you should be doing. Do what makes sense for you, right now, with the kind of family you are, right now.

## 4) Start small and start where you are

Do not let the perfect become the enemy of the good. Start where you are and make a small commitment to family prayer. Just starting is the hardest part!

## 5) Be creative

Vary the ways that you pray, the kinds of prayers you pray together, who leads the prayers, what books you might use, etc. There are so many different kinds of prayers in our Catholic tradition. Introduce your kids (and yourself!) to some of them during family prayer times.

## 6) Take advantage of small moments in your day

Driving to school? Waiting in a parking lot? Folding laundry together? Cooking dinner? Look for small opportunities in your day to offer a word or two of prayer. Thank God for good things, ask God for help, offer your work to him. This is ultimately what prayer is all about—cultivating a natural relationship with God whom we turn to throughout our busy days.

